



Ten Ways to Be A Champion Dad

- 1 Respect Your Children's Mother
- 2 Spend Time with Your Children
- 3 Talk *with*, don't lecture your child
- 4 Make clear rules; reinforce them with love
- 5 Be a Positive Role Model
- 6 Be a Teacher
- 7 Eat together as a Family
- 8 Read to Your Children
- 9 Show Affection
- 10 Realize that a Father's Job Is Never Done



U.S. DEPARTMENT OF HEALTH & HUMAN SERVICES
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LISTENING
DADS
ARE
CHAMPS



MAKE TIME *to* LISTEN
TAKE TIME *to* TALK